



The House of Sankofaa
Minister Barry Houston



Hotep! We first would like to give thanks, and praise to our Ancestors, for their continued blessings. Welcome, to another lesson-study with The House of Sankofaa! In the spirit of our Ancestors, we bring you the greeting words of peace, revelation, and struggle! One Aim! One God! One Destin! It is always our purpose to seek truth, produce justice, and produce correctness in all things we do! In practice, there is no other way for any person to justify his/her existence!



The True Meaning of Spirituality & Spiritual Principles
(Lesson Study - September 1, 2011AD)

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Today our topic is “*The True Meaning of Spirituality & Spiritual Principles*”. (Help us Great Black Holy Ghost!) In order for you to properly understand this, you must deal with the *eschatology* of the Afrikaans of the **Nile Valley**! (Did you get that?) Brothers and Sisters, what we are talking about when we speak of Spiritual principles, is the very *origin of theology* itself! (Did you get that?) Now, to be clear! *Theology* is the study of the concept of God! *So it`s spiritually true, and historically accurate for us to begin at the origin!* What we are saying here is that the very concept of God & spiritual principles was given to “*hue-man*” culture from the Afrikaans of the **Nile Valley**! We are not talking in **Jerusalem** (Israel), or **Mecca** (Arabia!)

You must keep your mind on the *4100 mile long* river called the **Nile**! Yes!
Brothers and Sisters, this is what we mean when we say that *spirituality/spiritual*

principles came to the world from the *Eschatology of the Ancient Afrikaans of the Nile Valley*! Now, that the geography of your mind is straight, let us move forward! (Are u still wif us?) The tools to aid us in this proper understanding of what is called *spiritual principles* are drawn from *six books*, from the Holy **Bible** (*so-called*) to those written by **Ra UN Nefer Amen, Isha Schwaller DE Lubis, Walter Williams, Muata Ashby, and G.M. James**. (See bibliography). These books are where we “ground” the assertions and conclusions from. (*Watch this!*) G.M. James book: **Stolen Legacy** means the “*Stolen Law of the God*” that dwells within each and every one of us! It is this *Stolen Legacy/Law* we are attempting to get you to understand!

Now let us go back to the “*True meaning of spiritual principles*”! It is from this Law that we get these *spiritual principles of God!* (*Maat!*) Follow us! The *first spiritual principle* in the world was/is “**Man/Woman Know thyself!**” This axiom was placed *above the doorway of every temple* in the Ancient land of the Gods! (Did you get that?) Now, let us sum up what has already been said. The *World’s Oldest Spiritual Principle* given from one of the *world’s oldest cities*. **Ancient Memphis!** This is where we get what is called *Memphite Theology!* (Help us Great Black Holy Ghost!) You have to appreciate and understand the gravity of what we mean when we say this! Remember! When we speak of any of those ancient holy cities we are speaking of the many of them along the *4100 mile stretch of the Nile Valley!* From **Menofer-Memphis** to **Thebes/ Wa`set!** Yes, Brothers and Sisters!

This is the land of as **Walter Williams** says in his book: *The Historical Origin of Christianity* (pg. *xiii*):

1. The *massive pyramid* complex at **Giza**.
2. The *great temples* at **Karnak** and **Luxor**.
3. The *royal tombs* at the **Valley of the Kings**.
4. The *mortuary temple* at **Deir el-Bahri** and **Remesseum**.
5. The *mortuary temple* at **Abu Simbel**.
6. The building of **boats** for **long distance** travel.
7. **Mummification!**

(*Help us Great Black Holy Ghost!*) Brothers and Sisters, this was pointed out to you because we want you to understand that it was/is, *only through the Ancient Afrikaans Ancestor’s keen observation of the natural laws and cycles of the universe* that we have what is called, *spiritual principles/religion in the world in*

the first place! This is critical to your understanding of the true meaning of spiritual principles! (Did you get that?) In other words, these monuments and inventions collectively embody all of the scientific and mathematical principles that qualify as *the foundation for all modern scientific research!* (“LaW`dHaa`BMerc`y!”)

We *can` t have theology without our Ancient Afrikaans Ancestors giving us a concept of God!* Notice *Europe* is not even in the equation! *No Judaism, Christianity or Islam* during this time of “*hue-man*” existence! To be clear! *At this time the Europeans had no concept of God!* (Did you get that?) We are talking properly *10,000 B.C.E. and beyond!* For you to understand and appreciate *what you have done for the spiritual legacy of the world*, this was at a time in history when you were the **only type of people on the planet!** Yes! Brothers and Sisters, we are saying that there were no other”**hue-man**” types on the planet! Your Ancestors began to work out this thing of spiritual principles, God (*MAAT*), for the hue-man culture of the world! **So we always give thanks, and praise to our Ancient Afrikaans Ancestors,** for their *supreme understanding of the scientific natural laws, and cycles of the universe* to give us our very first concept of that which is called God! (Did you get that?) In other words, the story of the true meaning of spirituality is a story we must look at within the frame work of an Afrikaans spirituality!

Our Ancient Afrikaans Ancestors taught us that when we come to this plane of existence, **we come here with our spirituality intact!** This is *opposed to the concept of being born in sin* as given to us in the false book incorrectly called The Holy Bible! (Did you get that?) Now, again we taught this *before* we called ourselves Jews, Christians, or Muslims! (Did you get that?) This where we was taught **Memphite Theology!** Look it up! With just a cursory knowledge we know *around 5000 B.C.E.*

We learned that what is called **Neters** (God), are in reality the myriad of forms which **Ptah** (God) assumes. **The idea of explaining the physical was set forth in terms of principles!** Neters! (Did you get that?) *These Neters or principles was represented by objects, personalities, or animals which, exhibits & exemplify certain characteristics & tendencies that are found in nature!* (Did you get that?) *This would also apply towards “Hue-man” beings as well!* Yes! Brothers and Sisters, it is here we are telling you how we developed the concept of spiritual principles or natural universal laws which still govern us today! (Did you get that?)

The point we raise here is in this way of us *embracing our spirituality*, it is *diametrically opposed* to how *we are taught* about our spirituality! In other words our spiritual science is now given to us in the *dumbed down fashion* of dogmatism expressed in the traditions of the world`s major religions! (Did you get that?) Now according to ancient scriptures, there is *only one element that exists back and behind the universe that reality is called God!* This is why the Ancient Afrikaans called what is known as **life on this plane as illusionary!** Thus, we are introduced to another ancient spiritual principle in **knowing the real from the unreal!**

The Ancient Afrikaans taught the *immortality of the Soul!* These concepts have been passed down to us as the “**Science of the Soul!**”! These are the concepts which *each initiate was taught* in what was called the “**Mysteries!**” (Help us Great Black Holy Ghost!) We are to assume **our true essence by living a life of virtue** while we are still *on this plane of existence!*

Now, your question is *what was/is our true essence?* The answer to these Brothers. & Sisters, is the God like essence as spoken about in **G.M. James book: Stolen Legacy!** The Ancient Afrikaans taught that the “*laws of existence*” by which, *the physical universe manifests & works* is only understood as **interactions of opposites**, but *complimentary principles* in the world! In other words, **how could you have a God without a Goddess?** (Did you get that?) For instance, the very meaning of the word *physics* is *the study of the composition of nature!* (Did you get that?) You must understand the **Afrikaans where absolute masters at this!** **The word nature comes from the ancient Latin word Natura; this word Natura is a derivative of the ancient Afrikaans words Neter (God) & Neteru (God`s manifestations!)** (The Great Black Holy Ghost is here!)

The early **Greeks**, as *students of physics*, such as **Thales, Democritus**, and others *learned the science of the study of God from the Ancient Afrikaans of the Nile Valley!* This is where we get the *True Meaning of Spiritual Principles* from! Yes! Brothers and Sisters, our Ancient Afrikaans *masters instructed these thieves in their very first concepts of all things spiritual!* **This was not done on the day of Pentecost as given to us in the false book called the Bible!** When it comes to the true meaning of spirituality, the Afrikaans taught that, *the most direct way to know God (Neter) is to study God`s manifestation, (Neteru) which is oneself!* (Did you get that?) Now do you get what we mean when we say “Stolen Legacy”? The Afrikaans taught the **Neteru** cannot exist without being sustained at every moment by the Great Neter! (Did you get that?) It is with this understanding that we can see the **Great Neter** being found in all the Neteru in creation! It is due to rampant untrained thought processes that control the direction of the mind towards the

essence of the great **Neter!**

Brothers and Sisters what this is saying to you is that our *Ancient Afrikaans Ancestors* also, established *the concept of what is called meditation!* (Did you get that?) The ability to go into what is called the “**trance state**”! **Ra Un Nefer Amen in his book Metu Neter, Vol. 1, (page 7)**, states, that all the fundamental skills and institutions of civilizations began **with Black nations; Kamit (ancient Egypt), Sumer, Babylon, Elam, the Harappa Valley civilization, Kush (Ethiopia). Indus Kush, (black India), and Canaan!** (Did you get that?) This is critical link to the true meaning of spirituality!

What this means; because of our Ancient Afrikaans Ancestor`s ability to learn from the internal part of being (with its storehouse of knowledge) concerning every secret of the world. They were able to “**intuitively**”, more than 6,000 + years ago, *the knowledge that forms the basis of our civilization.* (Religion, Mathematics, Geometry, Medicine, Astronomy, Writing, Literature, Agriculture, Metallurgy, Government, and Architecture, Painting, Sculpturing, Algebra and Science, etc.)

Because “Western man” is polarized in the cultivation of the *external part of his being*, he had to learn these skills from others (Blacks and Orientals) that were able to learn these things *intuitively!* (Did you get that?) Now let us come to closing on this part of our topic. When we deal with the true meaning spirituality as given to us by our Ancient Ancestors we must reach the same conclusion, that **Isha Schwaller De Lubicz**, in her book: **The Opening of the Way**. She says; “**that modern man is the product of several centuries of cerebral culture**”. Let`s get it right Brothers and Sisters, this is this concept of the *True Meaning of Spirituality*. In sum, this is what the Afrikaans taught on the concept of spirituality:

1. behind the back of the universe of time and space and change, is to be found, the substantial reality & the fundamental truth, in all creation!
2. “*Men are mortal Gods, Gods are immortal men.*”
3. *Know ye not that ye are Gods!*¹

¹ The reference in the Bible to the concept “ know ye not that ye are gods” or “ little G`s” can be found in the following texts Psalms 82:6 , ST John 10:34& 1Corinthians 3:16

4. **Make yourself the object of intense study and you will discover God!**
5. *Go with the understanding that the universe is “Mental”; they who grasp the “Mental Nature” of the universe are far alone in the path of **self mastery**.*
6. *The noblest employment of the mind is the study of the creator.*

These are some of the basics each candidate was taught in the “**Science of the Soul**”! *These formed the basis of what is called spirituality!* This is what was/is called, “**The Supreme Sacredness of Life!**”

Until next week! One Aim! One God! And One Destiny!

Hotep!

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